

Osteitis Pubis.

What is Osteitis Pubis?

Osteitis pubis is a condition that has been poorly understood and as a result has often been poorly treated. Osteitis pubis is inflammation of the joint where the pubic bone meets at the front of your pelvis (See Figure 1). Pain can radiate around the groin but will be significant at a point in the middle of the groin at the front. Osteitis pubis is a condition that affects the pubic bone and surrounding muscles and tendons.

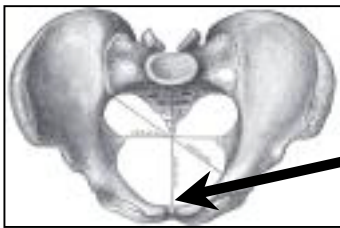


Figure 1: Anatomy Pelvis/
Location of Pain.

What causes Osteitis Pubis?

Osteitis pubis is caused mainly by overuse, it is very rarely caused as the result of direct impact. It can occur due to over-training or often individual players have structural, functional and anatomical abnormalities that can make them more vulnerable to developing osteitis pubis. Groin muscles that are not flexible are often associated with players who have osteitis pubis. Over training or over use produces inflammation of the underlying structures (round the pelvis) and eventually causes pain.

What are the signs and symptoms?

The player will experience a gradual onset of groin pain, which is usually felt in either one or both groins - but may be centred in the lower abdomen or round the pubic bone (See Figure 2). The pain is usually aggravated by exercise, with twisting/turning and kicking being the most painful activities (as in football).

The player will notice that they are unable to play football as well as they would like – with pain being a limiting factor.

However, players typically have a variety of vague and nonspecific symptoms, which makes accurate diagnosis of this condition difficult.

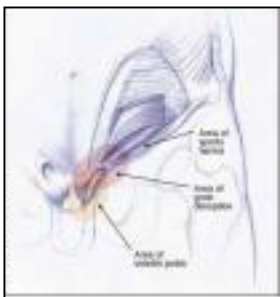


Figure 2: Location of Osteitis Pubis
Pain.

What can the player do about it?

Rest is the best form of treatment for this injury. The player should see a sports injury professional to confirm the diagnosis and rule out any other problems. There will usually be a number of related rehabilitative exercises that need to be addressed, to prevent the problem from re-occurring – the player will need advice on these.

What can a sports injury professional do?

The initial goal of the sports injury professional is to reduce the inflammation and pain by advising rest from running and playing and prescribing medications that may include anti-inflammatories. An accurate diagnosis will be established – this may include obtaining some x-rays. The sports injury professional will then advise on rest and the appropriate rehabilitation.

Rehabilitation is based around activity modification, which is dictated by the severity of the physical signs (i.e. restricting or reducing your training). A physiotherapist will devise and monitor an exercise program designed to address any structural, functional and anatomical abnormalities that could have caused the player to develop osteitis pubis.

A physiotherapist will also stretch, mobilize and apply sports massage techniques, including spinal mobilisation, sports massage therapy to release the adductor, abdominal and hip flexor groups (See Figure 3). Some nerve stretches could also be prescribed. Finally a physiotherapist could prescribe an abdominal strengthening program, concentrating on the stabilising muscles such as the lower abdominal muscles (See Figure 4).



Figure 3: Sports Massage.



Figure 4: Abdominal Strengthening Exercises.